

Safety Watch Dog



Sacramento Metro Fire



*Remember Kids...
Always ride Buckled Up!*





*When you hear the smoke alarm
get down and crawl out!*





*Eating is serious business,
sit down and take small bites.*

MMM...



*Always ask a grown-up
before putting something
new in your mouth. Some
very dangerous things
look like candy!*



Learn and Practice Safe Play Rules...



...and play on soft surfaces.

If you see a gun
tell a grown-up!

Guns should be
locked away in
the house.

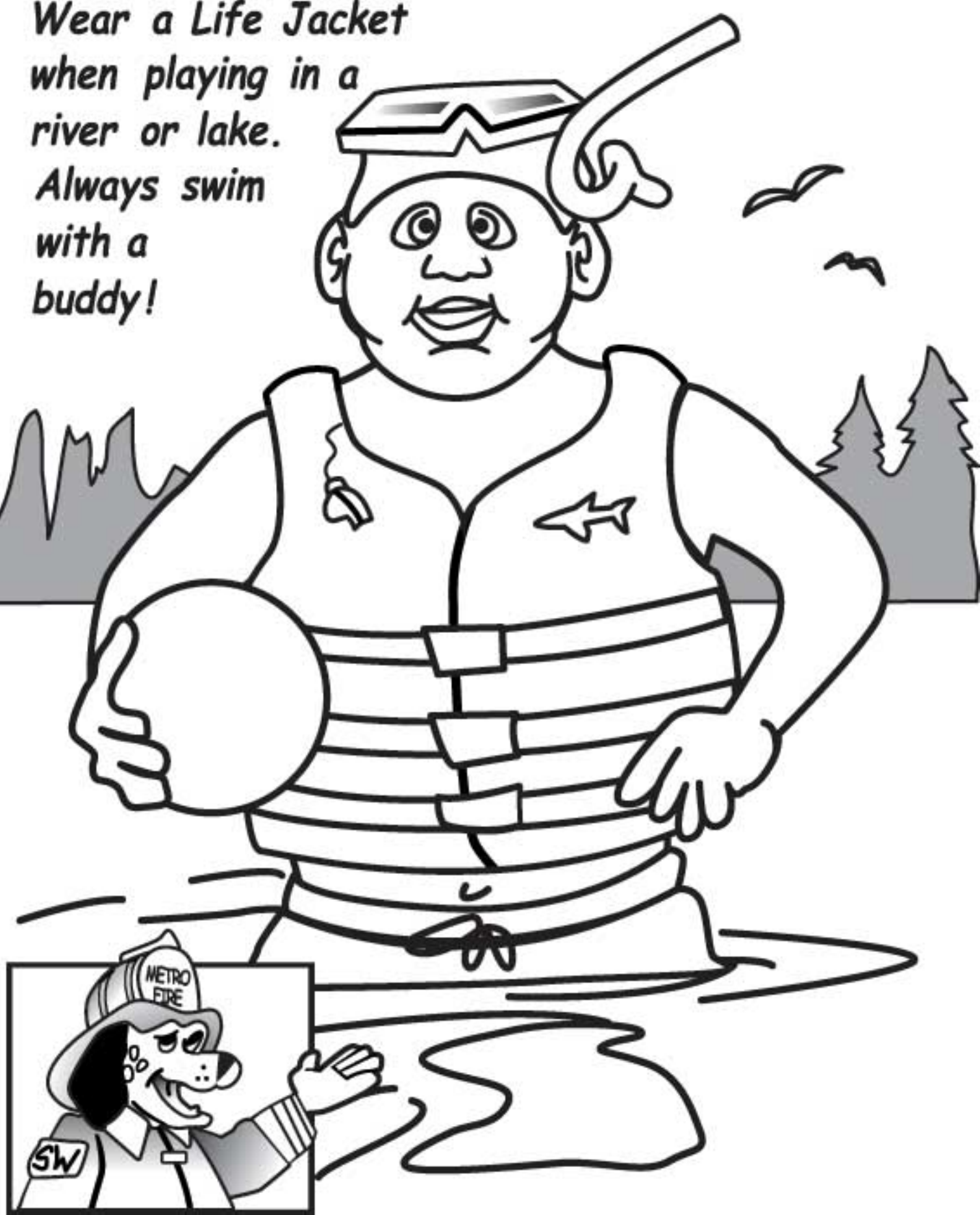




*Always wear a helmet
and follow the rules of the road.*



*Wear a Life Jacket
when playing in a
river or lake.
Always swim
with a
buddy!*



Sacramento Metropolitan Firefighters
would like you to take a tour of your home and use this checklist to see
how safe your household is.

In the Living Areas:

- ☐ The fireplace has a sturdy screen.
- ☐ Portable heaters and other heaters are at least 3 feet from anything that can burn.
- ☐ All candles are in sturdy bases placed up high and are never left unattended while burning.
- ☐ Matches and lighters are kept up high in a locked cabinet, out of the sight of children.

In the Kitchen:

- ☐ Cooking is never left unattended.
- ☐ There is always a pan lid within easy reach should a fire start. Should a fire break out, turn off the burner and carefully put the lid on the pan.
- ☐ Tight fitting sleeves are always worn during meal preparations; loose clothes can easily catch fire.
- ☐ A fire extinguisher is always available if necessary.
- ☐ When cooking, pot handles are always turned outward for easy access.

In the Hallway/Bedroom:

- ☐ All smoke detectors are checked monthly.
- ☐ All smoke detector batteries are changed at least once a year.
- ☐ Space heaters are kept at least 3 feet from anything that can burn.

Escaping A Fire:

- ☐ The family has a home escape plan and practices it twice a year.
- ☐ All family members know two ways out of every room.
- ☐ If you have security bars on your windows, do you have quick-release devices?